

Adult Sports

Adult Fencing

(Ages: 17 & over) Try out this new program! Our trained instructors teach you the fundamentals of this sophisticated sport. Learn stances and how to foil. At registration you can opt to rent equipment or bring your own. Take this opportunity to get off the couch and learn something new. Class size is limited, sign up today!

4444.204 Tu, 18-Jan to 22-Feb 8:00 PM - 9:00 PM

4444.205 Tu, 8-Mar to 12-Apr 8:00 PM - 9:00 PM

Community Center Instructor: Taylor-McNally, Dan

\$60 City, \$65 Non-City Resident

Registration Begins: 1/4 City 1/11 Non-City

Homeschool/Family Fencing

(Ages: 8 & over) Homeschoolers - try something new and fun! Our fencing instructor will teach you the basic stance and how to lunge. At registration you may opt to rent equipment or bring your own. Class size is limited so register early!

4400.201 Th, 13-Jan to 17-Feb 12:30 PM - 1:30 PM

4400.210 Th, 10-Mar to 14-Apr 12:30 PM - 1:30 PM

Community Center Instructor: Taylor-McNally, Dan

\$60 City, \$65 Non-City Resident

Registration Begins: 1/4 City 1/11 Non-City

Isshynru Karate

(Ages: 8 & over) A super program for adults and children alike (you must be at least 8 years old) to help develop coordination, muscle tone, and self-confidence. Mike does more than teach the basic karate movements; he also works on discipline and respect for others. It's a fun, inexpensive way to experience all the value of a martial arts program. And parents, you can take it with your kids - you'll both have fun, and learn something too!

Evening

2530.201 M W, 10-Jan to 23-Feb 6:00 PM - 6:50 PM

2530.305 M W, 18-Apr to 25-May 6:00 PM - 6:50 PM

Saturday

2530.203 Sa, 15-Jan to 19-Feb 10:00 AM - 12:00 PM

2630.203 Sa, 5-Mar to 9-Apr 10:00 AM - 12:00 PM

2530.314 Sa, 23-Apr to 28-May 10:00 AM - 12:00 PM

Community Center Instructor: Morton, Mike

\$35 City, \$45 Non-City Resident

Registration Begins: 1/4 City 1/11 Non-City

Women's Volleyball

(Ages: 18 & over) Our recreational league is for women 18 years of age and older and is designed for those seeking exercise, skill development, and FUN - not high level competition. All games will be self-officiated. All roster and fees will be due upon registration. This is also a great way for businesses to build team cohesiveness, so get your team signed up today! Deadline to register: March 25.

1820.300 Th, 7-Apr to 26-May 6:00 PM - 9:00 PM

New Walker Grant Gym \$125 per team

Registration Begins: 1/4 City 1/11 Non-City

Deadline to Register: March 25th Late fee: \$175 per team

If you do not have a team, but would be interested in playing, call 372-1086, ext. 204 and we will make your name available to teams looking for players.

Dodgeball Tournament

(Ages: 18 & over) Dodge, duck, dip, dive and dodge! The goal is to have fun! Teams consist of 6-10 players and are open to both men and women. If you do not have a team, but would be interested in playing, call 372-1086, ext. 204 and we will make your name available to teams looking for players.

1820.800 Sa, 16-Apr 9:00 AM - 1:00 PM

Memorial Park Tennis Courts \$125 per team

Registration Begins: 1/4 City 1/11 Non-City

Deadline to Register: April 8th Late fee: \$175 per team

Adult Kickball League

(Ages: 18 & over) We're bringing the fun - KICKBALL IS HERE! Gather your friends or neighbors to form a team and participate in this exciting tourney! Participants must be 18 years or older; registration is taken by team entry only. In addition to acting like a grade-schooler again, teams will play in a single elimination seeded tournament. All that's left is coming up with a great team name and figuring out which of your closest friends you want to do battle with! Tournament games will be played on Saturday; rain or shine!

1520.412 Sa, 2-Apr 9:00 AM - 1:00 PM

Snowden Baseball Field Instructor: Staff, P&R

\$125 City, \$150

Registration Begins: 1/4 City 1/11 Non-City

Deadline to Register: March 25th Late fee: \$175 per team

GROUP FITNESS PUNCH CARD PROGRAM



(Ages: 15 yrs and older)

Group Fitness classes require a Group Fitness Punch Card. These cards allow you the flexibility to choose and try any and all fitness classes. Take a look at our schedule of classes to see what fits your busy schedule and stop in to purchase your card to good health today! Class times are subject to change. All fitness classes are 50 minutes in length and on-going with no specific start date unless otherwise stated in class description. Classes held at the Dorothy Hart Community Center. Please call for questions prior to attending your first class.

GROUP FITNESS PUNCH CARD FEE SCHEDULE:

Group Fitness Punch Cards expire 30 days from purchase and can only be acquired in person at the Dorothy Hart Community Center.

30 Day Pass (Unlimited Classes) \$40 City, \$45 Non City Resident
Flex Punch Card: 12 punches \$35 City, \$40 Non City Resident
8 punches \$30 City, \$35 Non City Resident
Drop in Fees: \$5

Strengthen, Tone & Sculpt

If you want strong bones and to build muscles that burn fat, then come join us. We work on our entire body - upper body, lower body and abs, utilizing free weights, flexball, exercise tubes and more for a total body shaping experience.

***Use with punch card - 1 punch**

M, W 6:00pm - 6:50pm
Instructor: Pam Wrobel, ACE & CPR cert.

Beginner Pilates

Pilates is for all ages and genders! Most body aches and pains are due to muscular imbalance. Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs), helps to realign the spine, and strengthen the body from the inside out. This class will focus on activating deep muscles while helping tone, streamline and improve your posture through the emphasis on body conditioning, core muscle training, and flexibility.

***Use with punch card - 1 punch**

M, W 12:30pm - 1:20pm
F 11:30am - 12:20pm
Instructor: Cheri Bryan, CPFI certified

Step Aerobics

This high-energy class will challenge any step enthusiast with an aerobic-paced "warm-up", step excitement and right through the toning-oriented "cool down". It's a fast-paced, nonstop program packed with interesting choreography and upbeat music. Tammy's energized style will keep you motivated but not frustrated. Come join this fun class. You'll pack maximum fat burning into even the busiest schedule.

***Use with punch card - 1 punch**

T, TH 6:30pm - 7:20pm **Instructor: Tammy Esteppe, ACE & CPR certified**

Strength & Stretch for Active Older Adults

This unique strength-training program is specifically geared toward the Active Older Adult. This class utilizes weights, combined with isometric training and stretching. Strength training can greatly improve one's quality of life at any age. We'll end class with relaxing stretches, which will help improve flexibility and also reduce stress. A perfect way to end your workout!

***Use with punch card - 1 punch**

T, TH 1:00pm - 1:50pm **Instructor: Theresa Powel**

Early Morning Sculpt & Tone

Start your day off guilt free with this early morning workout. Pam will get you moving and feeling great with a total body workout. A super way to get your workout in before you find an excuse. You'll find you have more energy throughout the day, and be glad you got out of bed in time to get in shape.

***Use with punch card - 1 punch**

M, W, F 8:10am - 9:00am **Instructor: Pam Wrobel, ACE & CPR cert.**

Adult Beginner Tennis

(Ages: 16 & over) This class is for beginning tennis players who have little or no experience, or those players who have been away from the game for a bit too long. We'll walk you through the basics and get you psyched for the game of tennis. Pick up a racquet and join the fun!

1730.310 M W, 9-May to 25-May 6:00 PM - 6:50 PM
MemorialPark Tennis Courts **Instructor: Canizares, Art**
\$35 City, \$45 Non-City Resident
Registration Begins: 1/4 City 1/11 Non-City

Adult Intermediate tennis

(Ages: 16 & over) For those students who have completed Beginner Tennis, or those adults who have tennis experience but need some additional instruction. This class will work on game strategy and doubles play, as well as helping you to develop more strokes.

1730.315 M W, 9-May to 25-May 7:00 PM - 7:50 PM
MemorialPark Tennis Courts **Instructor: Canizares, Art**
\$35 City, \$45 Non-City Resident
Registration Begins: 1/4 City 1/11 Non-City

Fitness & Dance

Yoga

(Ages: 14 & over) Work at your individual level as the instructor guides you through a series of standing, seated, and lying postures. This class will improve your strength, flexibility, and concentration. Appropriate for those new to Yoga and those familiar with traditional poses. Modifications will be shown for those with knee, hip, shoulder, or other issues. Bring water and a mat.

2630.210 Tu Th, 4-Jan to 10-Feb 7:00 PM - 8:00 PM

2630.211 Tu Th, 15-Feb to 24-Mar 7:00 PM - 8:00 PM

2630.212 Tu Th, 29-Mar to 5-May 7:00 PM - 8:00 PM

Suite 102 Instructor: Potterton, Maartje

\$50 City, \$55 Non-City Resident

Drop In: \$6 per class

Registration Begins: 1/4 City 1/11 Non-City

Tai Chi & Meditation

(Ages: 16 & over) Tai Chi is the Chinese health exercise used to cultivate a peaceful mind and healthy body. The instructor studied with Da Liu, a Master who introduced Tai Chi to this country. He studied with Da Liu for five years and has practiced since 1980. Sitting Meditation and Chi Kung Health Exercises are covered as a compliment to Tai Chi. Advanced students learn the long version of the form and Push Hands, a Tai Chi partner practice.

2310.201 M W, 24-Jan to 25-May 7:00 PM - 8:00 PM

Suite 102 Instructor: Riley, Dr. Charles

\$120 City, \$125 Non-City Resident

Registration Begins: 1/4 City 1/11 Non-City

Moderate/Advanced Line Dance for Active Dancers

(Ages: 16 & over) Welcome former line dancers and active exercisers! At 1 pm, we turn up the beat in the music and add multiple turns to our line dances. At approximately 2:15 pm even more fun and complex dance patterns are introduced. Come exercise with fellow line dancers and enjoy some of your favorite music. We teach and dance new top 10 dances as well as the favorite oldies! All dances are reviewed and called as needed. Optional line dance warm up time or brush up on steps from 12 to 1 with the beginner low impact class.

DROP-IN ANYTIME!

Begins the 1st Friday of the Month

1:00pm - 3:00pm (May warm up w/Beginner Class @ 12)

\$4 City or Non-City drop in per class

Call for location Instructor: Linda Conlin

Register on a weekly basis/Pay per class



Sunrise Yoga at Alum Spring Park

(Ages: 14 & over) This all-encompassing yoga session will help you clarify, relax, focus, and concentrate. All levels are accommodated in this active and energizing class. This class will improve your strength, flexibility, and concentration. Bring water, yoga mat and wear comfortable clothing to experience the wonderful benefits of yoga.

2630.213 Sa, 2-Apr to 14-May 8:30 AM - 9:30 AM

Alum Spring Park

Instructor: Potterton, Maartje

\$30 City, \$35 Non-City Resident

Drop in: \$6 per class

Registration Begins: 1/4 City 1/11 Non-City

Beginners Low Impact Line Dance Class

(Ages: 16 & over) Yes, you can line dance! Basic line dance steps are taught through low impact line dances and beginner moderate line dances. No partner is necessary! A wide variety of music is used, such as: Country, Ballroom, Latin, and Swing. Step variations taught when needed.

DROP-IN ANYTIME!

Begins the 1st Friday of the Month

12:00pm - 1:00pm

\$4 City or Non-City Resident drop in per class

Call for location

Instructor: Linda Conlin

Register on a weekly basis/Pay per class

A New Year... A New You!

Get fit AND have fun with
Fredericksburg Parks &
Recreation.

It's easy to be active with all the choices on
these pages. Bring a friend... or make new
friends while you're here.
Don't wait... Sign up today.

Fitness & Dance

Belly Dance Basics I w/ Anthea

(Ages: 12 & over) For Fun or Fitness! "Belly-robics" warm up. Introduction to Anthea's unique and effective teaching method. Basic isolations and step patterns in combinations get you dancing right away. No experience necessary.

3722.214 Th, 6-Jan to 27-Jan 7:30 PM - 8:30 PM
3722.218 Th, 3-Feb to 24-Feb 7:30 PM - 8:30 PM
3722.334 Th, 3-Mar to 24-Mar 7:30 PM - 8:30 PM
3722.320 Th, 7-Apr to 28-Apr 7:30 PM - 8:30 PM
3722.309 Th, 5-May to 26-May 7:30 PM - 8:30 PM
Community Center Instructor: Poole, Anthea
\$37 City, \$48 Non-City Resident
\$Drop in fee: \$15
Registration Begins: 1/4 City 1/11 Non-City

Intermediate Belly Dance

(Ages: 12 & over) Continue from Basics II. For the dedicated dancer, home practice required. Wonderful opportunity to study with a nationally known teacher and performer. Develop advanced technique and skills including Finger Cymbals. Oriental choreography; Tribal Odyssey Level 2. Enroll by instructor approval.

3722.220 W, 5-Jan to 26-Jan 7:00 PM - 8:00 PM
3722.221 W, 2-Feb to 23-Feb 7:00 PM - 8:00 PM
3722.341 W, 2-Mar to 23-Mar 7:00 PM - 8:00 PM
3722.342 W, 6-Apr to 27-Apr 7:00 PM - 8:00 PM
3722.405 W, 4-May to 25-May 7:00 PM - 8:00 PM
Community Center Instructor: Poole, Anthea
\$39 City, \$50 Non-City Resident
\$Drop in fee: \$15
Registration Begins: 1/4 City 1/11 Non-City

Belly Dance Basics 2 w/ Anthea

(Ages: 12 & over) Continue from Basics 1 for more fun or fitness! "Belly-robics" warm up. Foundation topics include: Oriental choreography; Tribal Odyssey Level 1. Enroll by instructor approval.

3722.216 Th, 6-Jan to 27-Jan 8:30 PM - 9:30 PM
3722.217 Th, 3-Feb to 24-Feb 8:30 PM - 9:30 PM
3722.300 Th, 3-Mar to 24-Mar 8:30 PM - 9:30 PM
3722.345 Th, 7-Apr to 28-Apr 8:30 PM - 9:30 PM
3722.337 Th, 5-May to 26-May 8:30 PM - 9:30 PM
Community Center Instructor: Poole, Anthea
\$37 City, \$48 Non-City Resident
\$Drop in fee: \$15
Registration Begins: 1/4 City 1/11 Non-City

Classes fill on a first-come, first-served basis. Don't wait...register today!

Register for all classes at the Dorothy Hart Community Center. We accept registrations in person, by mail, by fax or online.

Advanced Belly Dance

(Ages: 12 & over) Continue from Intermediate. For the dedicated dancer, home practice required. Choreography, composition; in-depth music and rhythms. Tribal Odyssey Levels 3 and 4. Performance Prep including rehearsals and review. Enrollment by recommendation of the instructor.

3722.227 W, 5-Jan to 26-Jan 8:00 PM - 9:00 PM
3722.228 W, 2-Feb to 23-Feb 8:00 PM - 9:00 PM
3722.346 W, 2-Mar to 23-Mar 8:00 PM - 9:00 PM
3722.347 W, 6-Apr to 27-Apr 8:00 PM - 9:00 PM
3722.348 W, 4-May to 25-May 8:00 PM - 9:00 PM
Community Center Instructor: Poole, Anthea
\$39 City, \$50 Non-City Resident
\$Drop in fee: \$15
Registration Begins: 1/4 City 1/11 Non-City

Round Dance

Round Dancing is a fun, social activity, where couples dance synchronously in a circle around a dance hall to cued choreographed routines. Singles and "2-left feet" people are welcome! Please wear soft-soled shoes for dancing ease.

Meets Weekly, Mondays, 7:00pm - 9:00pm
\$6 City or Non-City drop in per class
Dorothy Hart Community Center
Instructors: Joe Dungan
Registration is ongoing. Just show up to get started.

Country Western Dance

(Ages: 16 & over) Learn the two-step, Country Western Swing, Waltz, Polka, Cotton Eyed Joe, Schottische. Learn the basic steps for Country and Western dancing. It's great exercise and a great way to meet friends and have fun!

DROP-IN ANYTIME!

Wednesdays
7:00pm - 9:00pm
\$5 City or Non-City drop in per class
Call for location Instructor: Matt Leonard
Register on a weekly basis/Pay per class

**HELP SAVE
OUR FLOORS!**

**Please wear soft-soled shoes when
taking dance classes at
the Community Center.**

